

**ABSTRACT**

5 A method of making a helmet comprises the steps of cutting a plurality of substantially rectangular, preferably square, blanks from a sheet of resin-impregnated fabric, making curved cuts (1) in each blank to form a crown portion (5) and lobe portions (3) therefrom, arranging a stack of said sheets into a helmet preform such that the lobe portions of any blank partially overlap adjacent lobe portions of the same blank, and molding the helmet from the preform.